**Claims**:

1. An apparatus for illuminating a zone of mammalian skin, the apparatus comprising:

   a) a light emitter;

   b) an applicator movable to direct light emitted from the light emitter to the zone of mammalian skin; and

   c) a controller controlling the duration and/or intensity of light delivered to the surface of the skin to provide a desired effect without producing significant ablation of the mammalian skin.

2. Apparatus according to claim 1, wherein, the applicator is adapted for removable attachment to the zone of mammalian skin.

3. Apparatus according to claim 2, wherein the applicator comprises a suction cup.

4. Apparatus according to claim 3, wherein adhesion of the suction cup to the skin is facilitated by provision of an adhesive, such as a replaceable or consumable hypo-allergenic adhesive ring.

5. Apparatus according to claim 3 or 4, wherein the inner surface of the suction cup is of a light reflecting material.

6. Apparatus according to claim 1 or claim 2 wherein the applicator comprises an adhesive layer.

7. Apparatus according to claim 6, wherein the light emitter is attached to or enclosed within the adhesive layer.

8. Apparatus according to any preceding claim wherein the applicator includes a topical agent.

9. Apparatus according to any preceding claim, wherein a plurality of light emitters are included.

10. Apparatus according to any preceding claim, wherein the light emitter is a light emitting diode (LED) or diode laser.

11. Apparatus according to any preceding claim, wherein the wavelength of light emitted from the light emitters is substantially in the range 400nm to 1000nm.

12. Apparatus according to any preceding claim, wherein the wavelength of light emitted from the light emitters is substantially in the range 400nm to 450nm and/or 570nm to 590nm.

13. Apparatus according to any preceding claim, wherein the wavelength of light emitted from the light emitters is substantially in the range 570nm to 590nm.

14. Apparatus according to any preceding claim, wherein the light emitter is received in the applicator.

15. Apparatus according to any preceding claim, wherein the controller is provided in a housing.

16. Apparatus according to any preceding claim, further including a power source.

17. Apparatus according to claim 16, wherein the power source is one or more batteries, preferably one or more rechargeable batteries.

18. Apparatus according to any preceding claim, wherein the controller is arranged to control the period of time that light is emitted from the light emitter for one treatment period.

19. Apparatus according to claim 18, wherein the duration of light emitted from the light emitter is substantially in the range 1 minute to 1 hour.

20. Apparatus according to claim 18, wherein the duration of light emitted from the light emitter is substantially in the range 20 to 40 minutes.

21. Apparatus according to claim 18, wherein the duration of light emitted from the light emitter is about 30 minutes.

22. Apparatus according to any of claims 19 to 21, wherein the controller is configured to permit variable selection of light duration within said range and/or inhibit the duration of the period of light emitted above a predetermined time.

23. A method of cosmetically improving the appearance of skin, the method comprising providing apparatus according to any of claims 1 to 22 and directing light of a predetermined wavelength toward a target area of skin in accordance with a predetermined delivery regime.

24. A method according to claim 23 for the treatment of acne vulgaris in relation to skin

25. A method of cosmetically improving the appearance of teeth, the method comprising providing apparatus according to any of claims 1 to 22 and directing light of a predetermined wavelength toward a target area of the teeth in accordance with a predetermined delivery regime.

26. A method according to claim 23 or 25, wherein the period that light is directed towards the skin or teeth is substantially in the range 1 minute to 1 hour.

27. A method according to claim 26, wherein the period that light is directed towards the skin is substantially in the range 20 to 40 minutes.

28. A method according to claim 26, wherein the period that light is directed towards the skin or teeth is about 30 minutes.

29. A method according to any of claims 23 to 28, wherein the wavelength of light directed towards the skin surface or teeth is substantially in the range 400nm to 1000nm.

30. A method according to claim 29, wherein the wavelength of light directed to the skin surface is substantially in the range 400nm to 450nm and/or 570nm to 590nm.

31. A method according to claim 29, wherein the wavelength of light directed to the skin surface is substantially in the range 570nm to 590nm.

32. Apparatus substantially as herein described with reference to the accompanying drawings.